



The
Solutions
Group

Making Great Companies
Better Places to Work

Work & Wellbeing

January 2016



Draw Your Way to Change

Have you made New Year's resolutions? Are you dreaming about making some changes in your life? One way to turn your visions into reality is to draw them. Watch this [TED](#) Talk to learn more.

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Are You Thyroid Aware?

Your thyroid gland may be small but it's mighty! The small, butterfly-shaped gland located in the lower front of your neck produces hormones that regulate many functions and organs in the body including the heart, muscles, and brain. When the thyroid isn't working correctly it can cause

several sets of symptoms; you might feel anxious, agitated and sweaty or you may experience fatigue, chills, and weight gain. If you're experiencing these symptoms, consider talking with your doctor to see if a blood test might be necessary. [Click here](#) for more information about the thyroid.



Cold Weather Cardio

Don't let a little snow or low temperatures keep you from exercising outdoors this month. Bundle up and go for a walk! Studies show that working out in colder temperatures and walking in snow both burn extra calories. Just remember to wear the correct footwear for the conditions.



The New Power Foods!

Resolved to eat healthier this year?

Here are three power foods you'll be hearing more about in 2016

- **Kefir** – Low in lactose but high in healthy bacteria, calcium, and phosphorous, kefir is a fermented drink made from cow's milk that that's good for the digestive system. Great in smoothies!
- **Coconut flour** – Coconut flour is high in fiber, relatively low in saturated fat, and it's gluten free. Try baking with it – it adds a coconut flavor to your recipes.
- **Dulse** – A type of seaweed, dulse is packed with iron, potassium, and iodine, which helps regulate the thyroid gland. Try crumbling savory dulse flakes over soups or salads.